



# Public Health Week

## April 1–5, 2013



The Shelby County Health Department and the University of Tennessee Health Science Center are bringing Memphis a week of fun and exercise. Each event will be at noon from April 1-5 in the Health Science Park at the Pavilion, at the corner of Dunlap and Madison. You owe it to yourself to come out, have some fun and get fit so ...

### LET'S MOVE!

All events at Noon in

**Health Science Park at the Pavilion**

*In case of inclement weather, events will be held in the Student Alumni Center (SAC) gymnasium, located at 800 Madison.*



**Monday, April 1**

**Yoga for everyone**

*If you want to try a little yoga, this is it!*

**Tuesday, April 2**

**Hip Hop exercise**

*Music that makes you want to move!*

**Wednesday, April 3**

**Tai Chi**

*You've seen the wonderful coordination.  
Now learn how!*



**Thursday, April 4**

**Boot Camp for beginners**

*This will energize you and  
set your fitness clock to go!*



**Friday, April 5**

**Sustainability Day**

*Farmers Market 10 am – 2 pm  
Cooking demo and free samples!*



## Memphis, Come Out and Move!

*For more information, call Frank Harrison at 901-448-2360  
or Larry Smith at 901-222-9596.*